

Newsletter

October
Edition



Q'wemtsin Health Society •
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Halloween

Safety Checklist



Follow
these tips
for a safe and
fun Halloween!

Costume Safety

- ☐ Choose costumes that are bright and reflective
- ☐ Avoid masks that block vision – use hypoallergenic face paint instead
- ☐ Make sure costumes are flame-retardant
- ☐ Avoid baggy or loose costumes that children can trip over

Trick-or-treating Safety

- ☐ Kids under 12 years old should be accompanied by an adult
- ☐ Cross the street at corners using crosswalks and traffic signals
- ☐ Be mindful of cars in driveways
- ☐ Plan your trick-or-treat route in advance
- ☐ Walk on sidewalks or paths
- ☐ Carry glow sticks or flashlights
- ☐ Stay away from pets – they might not recognize children in costumes
- ☐ Wear sneakers or comfortable shoes
- ☐ Never go inside a stranger's home or car

Candy Safety

- ☐ Check sweets for signs of tampering
- ☐ Remind children to only eat treats in original and unopened wrappers.
- ☐ When in doubt, throw it out!



Healthy Habits for Flu Season.

Everyone 6 months and older can get
a FREE influenza (flu) vaccine.

Vaccination is especially important for:

Young
Children



Pregnant
People



Anyone
65 and
older



People with certain
medical conditions
and others at high
risk of serious illness
from influenza

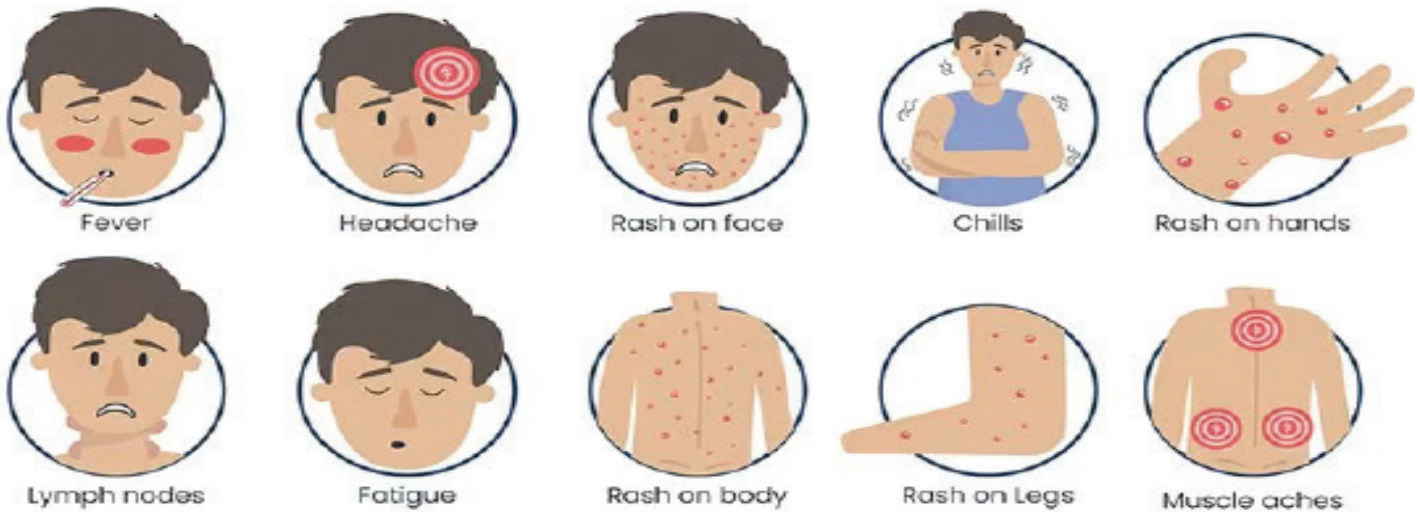


For more information, visit
immunizebc.ca/flu



BRITISH
COLUMBIA

MONKEYPOX



The World Health Organization declared on Aug. 14 that mpox (previously known as monkeypox) is a public health emergency of international concern (PHEIC). The virus has seen most of its rising cases in countries in Africa, however international travel has led to its spread on other continents, including North America.

Mpox is a relatively rare disease for Canadians and typically spreads from person to person through close, personal, often skin-to-skin contact. Most people in British Columbia who have been exposed to or become infected with mpox were known to have had close, intimate sexual contact.

The disease can be prevented by avoiding close contact with persons showing symptoms consistent with mpox and by following similar public health safety measures for other communicable diseases, such as washing of hands and covering coughs and sneezes. There is also a vaccine available for people who are at higher risk of infection, usually given as two doses, 28 days apart.

For more information about mpox, refer to FNHA's frequently asked questions document:

<https://www.fnha.ca/Documents/FNHA-Mpox-FAQs.pdf>

Related

BC Centre for Disease Control mpox page:

<http://www.bccdc.ca/health-info/diseases-conditions/mpox>

HealthLinkBC mpox page:

<https://www.healthlinkbc.ca/illnesses-conditions/infectious-diseases/mpox>

Health Initiative for Men mpox: <https://checkhimout.ca/mpox/>



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Community Notice

If you're discharged from RIH and you are needing our assistance please contact Q'wemtsín Health Society at 250-314-6732.

In some instances, QHS is NOT notified of clients being discharged from Royal Inland Hospital (RIH). If you or a loved one requires care upon discharge, please notify our QHS Home Care Nurses. If you have any questions or concerns, our nurses are here to assist you.

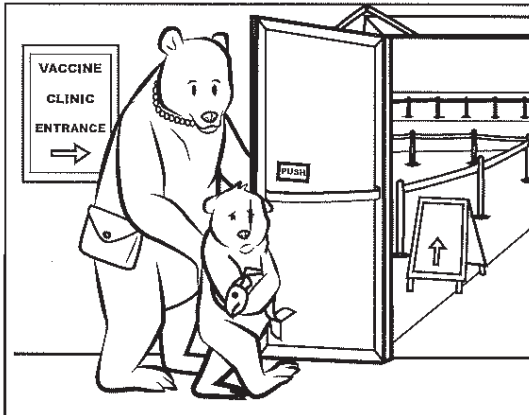
The sooner we hear from you, the sooner we can begin discharge planning and ensure that you or your loved ones are receiving the best possible care.

Vaccine superhero: Jesse's story



BC Centre for Disease Control
Provincial Health Services Authority

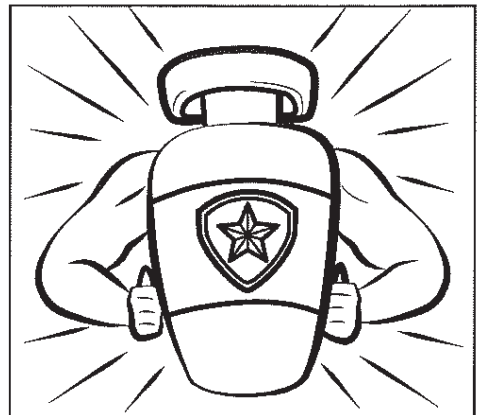
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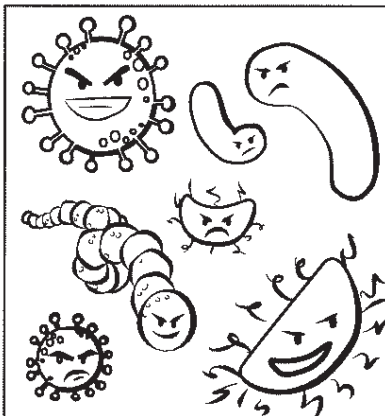
Jesse is going to get a vaccine and is a little nervous.



"Why do I need this vaccine?"



"Vaccines are like a very special kind of a superpower, Jesse!"



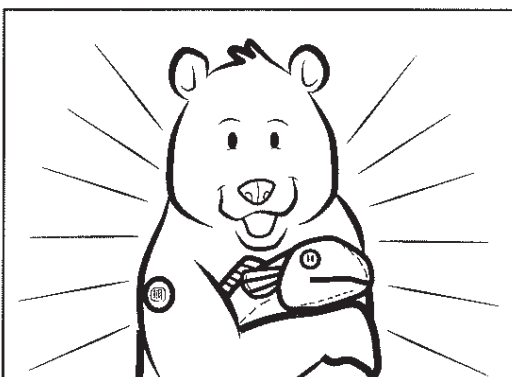
"Many illnesses are caused by germs too tiny to see."



"Vaccines work like an invisible force field which protects you against illness."



"Vaccines are so powerful, they even help keep people around you safe."



Jesse brought a favourite toy and used belly breathing to feel calm. There was a tiny pinch on the arm and it was over. "That was easy!"



Jesse is now a vaccine superhero! They are helping to protect their community from illnesses.

Illustration: Charlotte Pearson

Tooth Brushing Tips for Parents

Your job as a parent includes keeping your child's teeth clean and healthy.

**Not all children enjoy having their teeth brushed.
It is important because baby teeth are soft and can get cavities easily.**



Brushing your baby's teeth

- Begin brushing your baby's teeth as soon as the first tooth appears.
- Gently brush twice a day using a rice grain amount of fluoride toothpaste on a soft toothbrush.
- Remember to gently brush where the teeth and gums meet.
- Check your baby's teeth often. If you see white or brown spots along the gum line, speak to the COHI staff.



Positioning for Toothbrushing

Find a comfortable position.

Try these positions:

- Lay your child on a change table, making sure they cannot fall off.
- Place your child on a couch or bed, with their head in your lap.
- Lay your child on the floor with their head placed between your legs.



TIP At 6 months, start teaching your child to drink from an open cup.

Care after immunization:

Learn what to expect over the next few days and how to manage side effects

Side effects you might have after some vaccines



Muscle and joint soreness



Tiredness and headache



Fever, chills, and shivering



After MMR and varicella vaccines: fever, rash, and other side effects may occur about 1-2 weeks after immunization



Nausea, vomiting, and diarrhea



Pain, redness, and swelling where the vaccine was given

*For COVID-19 vaccines:
can occur up to
7 days after*



After COVID-19 vaccines: swollen lymph nodes under armpit

Most side effects are mild and go away after 1-2 days

For vaccine-specific side effects, read the HealthLinkBC Files at

immunizebc.ca/adults/vaccines-recommended

Click on the vaccine name to view the HealthLinkBC File.

See next page for:

Tips for side effects

Medicine safety tips

When to seek medical attention

What can I do to feel better?



For pain and swelling where the vaccine was given:

- ✓ Apply a cool, wet cloth or wrapped ice pack over the area.
- ✓ Move your arm several times a day.
- ✓ Take over-the-counter medicine, such as ibuprofen (Advil®) or acetaminophen (Tylenol®).



For fever:

- ✓ Rest.
- ✓ Drink lots of fluids.
- ✓ Dress lightly.
- ✓ Take over-the-counter medicine, such as ibuprofen (Advil®) or acetaminophen (Tylenol®) to help bring down the fever and reduce discomfort.

Safety tips when using over-the-counter medicine

- ✓ Carefully read and follow all directions on the label. Do not take more than the recommended amount.
- ✓ If you are pregnant, do not take ibuprofen (Advil®). Use acetaminophen (Tylenol®) instead.

When to seek medical attention

Serious side effects after immunization are very rare. But if they do happen, it's important to act.

Seek medical attention right away if you have:

- ✓ Signs or symptoms of a severe allergic reaction (for example, hives, difficulty breathing, or swelling of the throat, tongue, or lips). If this happens after you leave the clinic, call 911 or your local emergency number.
- ✓ Received a COVID-19 vaccine and have chest pain, shortness of breath, or feeling of a fast-beating, fluttering, or pounding heart.
- ✓ Any other worrisome signs or symptoms.

Report any serious and/or unexpected side effects after immunization to your immunization provider/clinic or health care provider.



Find your immunization record at healthgateway.gov.bc.ca

Giving Thanks: The Healing Power of Gratefulness

Dr. Melissa Bradwell, ND

It's fall, the season of Thanksgiving and being thankful. It's a time where we come together and usually have no problems finding something to be thankful for—family, friends, health, etc. But what about on days where it seems nothing is going right or in the midst of a tragedy? How does one find the strength to look for the good in that day? Studies have shown over and over how the simple act of acknowledging gratefulness can improve the quality of sleep, reduce illness and increase happiness.

The classic idioms like “The grass is always greener on the other side” or seeing a glass “half empty” tend to focus on the negative and pessimism and create envy or jealousy. What if we instead viewed it as the grass is greener where you water and tend to it and that the glass represents what we have instead of what we want. By simply changing the way one views things, an immediate change in the chemistry of our body can be felt. Every day we have a choice. **Choose to be happy.**



An excerpt from an interview with Robert Emmons in the Great Good Science Center Newsletter:

Don't just go through the motions says Robert Emmons, arguably the world's leading expert on the science of gratitude and an author of some of the seminal studies of gratitude journals. Research by psychologist Sonja Lyubomirsky and others suggests that journaling is more effective if you first make the conscious decision to become happier and more grateful. “Motivation to become happier plays a role in the efficacy of journaling,” says Emmons.

- Go for depth over breadth.** Elaborating in detail about a particular thing for which you're grateful carries more benefits than a superficial list of many things.
- Get personal.** Focusing on people to whom you are grateful has more of an impact than focusing on things for which you are grateful.
- Try subtraction, not just addition.** One effective way of stimulating gratitude is to reflect on what your life would be like without certain blessings, rather than just tallying up all those good things.
- Savor surprises.** Try to record events that were unexpected or surprising, as these tend to elicit stronger levels of gratitude.
- Don't overdo it.** Writing occasionally (once or twice per week) is more beneficial than daily journaling. In fact, one study by Lyubomirsky and her colleagues found that people who wrote in their gratitude journals once a week for six weeks reported boosts in happiness afterward; people who wrote three times per week didn't. “We adapt to positive events quickly, especially if we constantly focus on them,” says Emmons. “It seems counterintuitive, but it is how the mind works.”

Emmons points to research showing that translating thoughts into concrete language—whether oral or written—has advantages over just thinking the thoughts: It makes us more aware of them, deepening their emotional impact. “It allows you to see the meaning of events going on around you and create meaning in your own life.” In unpleasant even traumatic times, Emmons says, gratitude journals may help us “bring a new and redemptive frame of reference to a difficult life situation.”

Though he does offer the above suggestions for how to keep a gratitude journal, Emmons also stresses that “there is no one right way to do it.” There’s no evidence that journaling at the start of the day is any more effective than journaling before you go to bed, for instance. And aesthetics really don’t matter.

“You don’t need to buy a fancy personal journal to record your entries in, or worry about spelling or grammar,” says Emmons. “The important thing is to establish the habit of paying attention to gratitude-inspiring events.”



References:

http://greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal

Community Health & Wellness Fair Highlights





Butternut Squash Lasagna



Ingredients

8 c. pre-chopped butternut squash (about 3 lb.)
6 fresh sage leaves
4 Tbsp. olive oil, divided
3 tsp. kosher salt, divided
1 1/2 tsp. black pepper, divided
1 lb. hot Italian sausage
1 1/4 c. half-and-half
1 (10-oz.) package frozen chopped spinach, thawed
3 c. cottage cheese (large curd)
2 large eggs, beaten
3/4 c. grated parmesan cheese, divided, plus more for sprinkling
4 garlic cloves, finely chopped
12 lasagna noodles, from 1 (16-oz.) package
8 oz. sliced whole milk mozzarella cheese, divided
4 oz. fresh mozzarella, sliced



Directions

1. Preheat the oven to 400°F. On a large rimmed baking sheet, toss together the butternut squash, sage leaves, 3 tablespoons olive oil, 1 1/2 teaspoons salt, and 1 teaspoon pepper. Spread into an even layer and roast until the squash is tender, about 45 minutes.
2. Meanwhile, heat a large skillet over medium heat. Add the Italian sausage and cook, stirring occasionally to crumble into small pieces, until the sausage is browned and cooked through, about 8 minutes. Remove from the heat and set aside.
3. Transfer the roasted squash and sage to a food processor with the half-and-half. Puree until the mixture is smooth and creamy, about 1 minute, stopping to scrape down the sides of the bowl as needed. Set aside.
4. Wrap the spinach in a double layer of paper towels and squeeze to remove as much liquid as possible. In a large bowl, stir together the spinach, cottage cheese, eggs, 1/2 cup parmesan, garlic, 1 teaspoon salt, and the remaining 1/2 teaspoon pepper. Set aside.
5. Bring a large pot of water to a boil over medium-high heat. Add the remaining 1 tablespoon olive oil and 1/2 teaspoon salt to the boiling water, and cook the lasagna noodles until al dente, about 8 minutes. Drain and lay flat on a lightly greased baking sheet.
6. To assemble: Arrange 4 cooked lasagna noodles in the bottom of a 13-by-9-inch baking pan, overlapping slightly if necessary. Spoon one third of the squash puree over the noodles; spread evenly. Top with half of the whole milk mozzarella slices (about 5 slices). Sprinkle evenly with half of the Italian sausage. Spoon half of the cottage cheese mixture over top; spread evenly. Repeat the layers with the noodles, squash puree, whole milk mozzarella slices, Italian sausage, and cottage cheese mixture. Top with the remaining 4 noodles and squash puree, spread evenly. Top with fresh mozzarella and sprinkle with the remaining 1/4 cup parmesan.
7. Cover the lasagna tightly with foil. Bake at 400°F for 30 minutes. Uncover, and continue baking until the lasagna is heated through and the top has browned, 20 to 25 minutes. Let stand for 10 minutes before serving with more parmesan.

October

Pesllwélsten

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 DR.Langfrord Foot Care Massage	2 Naturopath	3	4	5
6	7 DR. Lawrie	8 DR.Langford -SIB	9 Naturopath	10 Foot Care	11	12
13		15 DR.Langfrord	16 Naturopath	17 Massage	18	19
20	21 DR. Lawrie	22 DR.Langfrord	23	24 Foot Care	25	26
27	28 Massage-SIB	29 DR.Langfrord-SIB	30 Foot Care	31 		

"No one likes to be criticized, but criticism can be something like the desert wind that, in whipping the tender stalks, forces them to strike their roots down deeper for security."

-- Polingaysi Qôyawayma, HOPI

You move toward and become that which you think about. Creating a vision is what guides our lives. If we get off track with our vision, then we experience conflict. Conflict is nature's way of telling us we are not in harmony. Criticism can be a way for one human being to help another. Often our Elders will give us criticism. This feedback is intended to be helpful.

Criticism from our Elders helps us grow strong.

Great Spirit, today, if I need it, please provide me positive criticism.